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ABSTRACT

This workbook is designed for use by girls enrolled in special classes for pregnant minors in high school. Through experiments and quizzes, it teaches the girls about food values, balanced meals, calories, and nutrition: and instructs the girls, through examples, what they should and should not eat to keep themselves healthy throughout their pregnancy and to help ensure a healthy baby. It assists them in analyzing their eating habits, and furnishes an answer key for the girls to check the answers they have written in their personal workbook. This workbook can be used in the classroom, alone, or in conjunction with two earlier workbooks: "You are Pregnant! Now What?" and "Your Baby is Born!" (Author)

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YOU ARE PREGNANT!

FOOD FOR TWO

WORKBOOK III

A workbook for each individual girl enrolled in a special program for pregnant minors to be used in conjunction with classes such as "Family Living," "Modern Living," "Infant Management," "Nutrition," "Child Development," etc.

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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YOU ARE PREGNANT!

FOOD FOR TWO

WORKBOOK III

(Also available is Workbook I: You Are Pregnant! Now what?
and Workbook II: Your Baby Is Born!)

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QUESTIONNAIRE ABOUT YOU

1. What is your due date?_____
2. How would you describe your eating habits?
   _____good _____average _____bad
3. Have you changed your eating habits since you became pregnant?
   If yes, what changes?_____
4. Is there any food you cannot eat?_____
   If yes, what are they?_____
5. Do you have any cravings for any foods?_____
   If yes, what foods?_____
6. Name two of your favorite foods: _____ and _____
7. What food do you like least?_____
8. How many meals a day do you generally eat?_____
9. Do you have a habit of snacking?_____
   If yes, how many times a day?_____
10. About how much milk do you drink everyday?_____
11. Who plans your meals?_____
12. Who prepares your meals?_____
13. About how much water do you drink everyday?_____
14. What was your usual weight before you became pregnant?_____lbs.
15. How many months pregnant are you?_____
16. How much weight have you gained?_____lbs.
17. How much weight do you expect to gain during your pregnancy?
    _____lbs.
18. Have you ever had any problems with your weight?_____
    If yes, what?_____
19. Do you plan to breast feed your baby?_____
20. Do you smoke?_____
    If yes, how many cigarettes a day?_____
    If yes, do you plan to stop?_____

YOU ARE PREGNANT! FOOD FOR TWO

Now that you are pregnant, the kinds of food you eat and the amounts are more important than ever before. Food alone cannot make you and your unborn child healthy, but it can play an important part. It is up to you to see that you eat the food your body and your unborn baby need. Additional nutrition demands are made on a mother during pregnancy by the growing fetus. If you are under 17 years of age, your body requires even more of the essential nutrients to meet your own growth needs and those of your baby. Now is the time for you to pay attention to nutrition since it is playing an important part in your life.

Good nutrition means the right kinds of foods you should eat so that your body is properly fed. It does not mean that you eat foods that you do not like.

Since you are now eating for your developing baby as well as for yourself, there is an increased need for nutrients and energy during your pregnancy. You need to know your body needs and what foods provide the nutrients that meet those needs. An excess of one nutrient will not make up for a lack of another nutrient. You will need to eat twice as well as before pregnancy, but not twice as much unless your doctor tells you differently.

Foods can be classified in two ways:

1. according to food nutrients
2. according to types of food

Five Basic Food Nutrients

A food is made up of different parts called nutrients. Nutrients are the chemical substances in foods that nourish the body. Each nutrient has a specific function to perform. Scientists have discovered around 50 different nutrients and they are still discovering new ones. You need to be concerned most about the following five basic ones:

1. proteins
2. carbohydrates
3. fats
4. minerals
5. vitamins

In order to meet the requirements of good nutrition, it is necessary that each of the five basic nutrients be included in your daily diet. It is important to remember that no one food contains all the nutrients needed for good health.

Let us take a look at each of the five basic nutrients:

1. Proteins are needed to build muscles and tissues, for resistance to disease, and to build basic cell structure for your developing baby.

Now that you are pregnant, you need about 50 percent more protein than usual. Protein is very important in your diet to build a healthy baby while maintaining your own body.

Meats, fish, poultry, and animal products such as eggs, cheese, and milk are excellent sources of protein. Nuts and beans are sources of protein too. It is good to eat both plant and meat sources.

To show the presence of protein in milk, add 1 tablespoon of vinegar to 1/2 cup of whole milk and stir. Allow it to stand about 20 minutes. In the space below, describe what you see. How does the protein material look?

(After this experiment, check the "Answer Key" in the back of this book.)

Studies have shown that lack of protein in a pregnant woman's diet affects the brain of the newborn. You want to check the amount of protein you consume each day. You need 2 or more 3 oz. servings each day.

The following is a list of prepared dishes. In the space at the left check (X) if the food in the prepared dish contains a generous amount of protein. In the space at the right of the prepared dish, write the name of the food that contains protein.

_____	macaroni and cheese	_____
_____	hamburger sandwich	_____
_____	cabbage slaw	_____
_____	bean soup	_____
_____	scalloped potatoes	_____
_____	chicken salad sandwich	_____
_____	peanut butter sandwich	_____
_____	apple dumplings	_____
_____	taco and rice	_____
_____	creamed peas	_____
_____	cheese pizza	_____
_____	tuna and noodles	_____
_____	chili dogs	_____
_____	Spaghetti and meat balls	_____

(see "Answer Key")

2. Carbohydrates are needed by your body to produce energy and heat and to give you vitality and vigor. Carbohydrates have to be digested and absorbed through the intestinal wall before your body can use them for energy. They consist chiefly of starches and sugars contained in grains or cereals, fruits, and vegetables.

You can find out what foods have starch in them by doing a simple test. Put a few drops of iodine solution from your medicine chest on the food. Try this little experiment on three different foods. Don't eat any food on which you put iodine. Iodine is

poisonous. List the foods that you tried and what you discovered:

1.

2.

3.

(See "Answer Key")

3. Fats are used by the body to furnish heat and energy. Everyone needs fat as it surrounds and protects the organs inside the body, like the heart, the brain, and the nerves. Fats are substances found almost alone in foods such as butter, salad oil, lard, fat in meats. In other foods, there is less fat, and you may not realize it is there. The fat that is in foods which are not obviously oily is often called hidden fats. Oil in the avocado and the fat that is in the steak after you have cut off all the fat you can see are examples of hidden fat. The fuel value of fat is about twice as great an ounce as the fuel value of carbohydrates.

You can determine fat content by melting a small chunk of cheese by heating it. Be careful not to scorch it. Describe what you see. What is the liquid?

(See "Answer Key")

You can find out if a food contains fat by rubbing it on a piece of brown paper. If the food contains fat, a transparent spot will appear where you have rubbed. The spot will not disappear. Try this with a small piece of meat. What did you discover?

(See "Answer Key")

Animal fats are usually solids at ordinary temperatures, while vegetable fats are liquids.

Nearly all vegetables and fruits are low in fat. Fats don't make you fat; too much food makes you fat!

4. Minerals work in the body to promote growth and to repair tissues. They also help to regulate the body processes.

Calcium is probably the best known of the minerals. It is present in the body in greater amounts than any of the other minerals. There is an extra demand on your body for calcium now by the rapid growth of the baby's bones and teeth, especially in the last months of your pregnancy. The baby's first teeth are already formed at birth even though it will be months before they come through the gums. Calcium regulates the action of nerves and muscles. It is an important body-building mineral. Milk is the major source of calcium in the American diet. Cheese, turnip greens, kale, broccoli, and soft fishes such as sardines also provide calcium for your body.

Iron is needed to build healthy blood. It is often in short supply in a teenager's diet especially in menstruating girls. Most foods are not rich in iron, so it is fortunate that our bodies are very careful with the iron we do get. There are no foods very rich in iron, except liver, so you need to eat many different foods and get a little iron from each. A serving of liver once a week can go a long way toward meeting the iron requirements. Sources of iron other than liver are meats, fish, dried fruits, leafy green vegetables, and egg yolks. There are some foods that have iron added to them like enriched breads and cereals. Your doctor may give you iron pills to meet the increased requirements of iron for the formation of additional blood which normally occurs during pregnancy.

The following recipe will give you iron. It tastes great with catsup.

1 pound beef or calf liver, cut into 1/2 inch strips
1/2 cup flour, cornmeal, or cereal crumbs
1/4 cup nonfat dry milk powder
1/2 teaspoon salt
dash of garlic or onion powder
oil or shortening for frying

1. Combine all ingredients except oil in a small paper bag and shake.
2. Heat enough oil in a skillet so it covers the bottom.
3. Fry liver sticks over medium heat for about 2 or 3 minutes on each side until they are lightly browned.

When you try this recipe, tell how you enjoyed it:

Iodine is another mineral your body needs to help you control the rate at which the body uses energy. Ocean fish is a good source of iodine. Since so many people live too far from the ocean to be able to get enough ocean fish to supply the iodine they need, the government has allowed salt producers to add potassium iodine to table salt. If iodized salt is used regularly, it will furnish all the iodine your body needs. Go to your kitchen cupboard and look at the salt package. Does it say "iodized"? Next time you are in the market, look at the boxes of salt and pick out the one that says "iodized" (unless you are one of the few people who have been instructed by your doctor otherwise).

Phosphorous contributes to strong teeth and bones. Phosphorous is constantly being replaced in bones and slowly replaced in teeth. Therefore you need phosphorous in your diet. Dairy products, meat, fish, eggs, legumes (such as beans, peas, and lentils) and whole grain cereals are good sources of phosphorous. If you eat enough foods that contain protein and calcium, you will probably have enough phosphorous in your diet.

5. Vitamins are organic substances needed by the body in small quantities for growth and maintenance. Without the help of vitamins, the body cannot use proteins and minerals to build and repair. There is no single food that contains all the vitamins that you need. Each vitamin has specific ways in which it helps to regulate the body. One vitamin cannot replace another, but in some cases their work is very similar.

Without vitamins you would have many ailments.

Vitamin A--helps to keep eyes in good condition. It is probably most famous for

(a) protecting against night blindness

(b) helping body growth

(c) helping to keep skin smooth and healthy

Good sources are whole green and yellow vegetables, milk, butter, ice cream, cheese, liver, egg yolk, deep-colored orange and yellow fruits.

Vitamin B--makes healthy nerves. It

(a) helps digestion

(b) helps to fight diseases

It can be supplied by wheat germ, whole wheat bread and cereals, brown rice, yogurt, milk, beans, liver, fish, poultry, eggs, white potatoes.

Vitamin C--is needed everyday because it cannot be stored in your body. It is also called ascorbic acid. It forms "cement" that holds your body together.

(a) helps build strong teeth and bones

(b) keeps blood, skin, and muscles healthy

(c) helps to heal wounds

Vitamin C is available in citrus fruits (oranges, lemons, limes, grapefruit), tomatoes, cauliflower, spinach, green peppers, fruits like strawberries and melon.

Vitamin D--helps the body to use calcium properly and helps to build teeth and bones. Vitamin D can be obtained through D fortified milk, meat, eggs, fish, liver. However, the main source of it is the sun which, when it comes into contact with the skin, converts a form of cholesterol into Vitamin D.

Draw a picture or make a list of four foods which contain calcium. Label them.

Draw a picture or make a list of four foods that are good sources of Vitamin C. Label them.

Do not take vitamin, iron, or any kind of pills without first checking with your doctor. Vitamin pills cannot take the place of wholesome food, but they can supplement your diet when your doctor determines exactly what you need.

All five nutrients--proteins, carbohydrates, fats, vitamins, and minerals--are necessary because each has its own job to do and each helps the others do their job. The best way to be sure you are getting all the nutrients you need is to eat a variety of foods each day.

Fill in the chart below with as many foods as you can that are good sources of each nutrient. You may have some foods in more than one column.

Protein	Carbohydrates	Fats	Minerals	Vitamins

(See "Answer Key")

Water

Water is not a nutrient but it is essential to make the other nutrients work. As you know, you cannot live very long without water. You can survive for weeks without a single bite of food, but you can only live a few days without water. Water provides the fluids for the blood and all body cells, and it aids in digestion and elimination. Water makes up two-thirds of your body weight. As water is given off by the kidneys or perspiration, it must be replaced, and you may not be drinking as much water as is needed. You should have 6 to 8 glasses of water each day during your pregnancy. Each glass should contain about 8 ozs. of water.

Rate Your Meals

Following is a rating chart of the food you eat in a two-day period. How close can you come to 100 or more?

		Points	Day One	Day Two
MILK	Each class of milk Count 2 servings of foods made with milk such as soup, ice cream, pudding, as one glass of milk. You should have 36 points here.	9		
MEATS OR MEAT SUBSTITUTES	Meat, fish, poultry, cheese, with dried peas, beans, and nuts as alternates.	10		
	One egg	7		
	Count no more than 20 points in this group.			

		Points	Day One	Day Two
FRUITS AND VEGETABLES	Citrus fruits or tomatoes 1 serving	7		
	Green or yellow vegetables 1 serving	6		
	Potatoes 1 serving	6		
	Count no more than 31 points in this group.			
CEREALS AND BREAD	Each slice of bread or serving of cereal	4		
	Count no more than 16 points in this group.			
	TOTAL			

For each serving of candy or pop, subtract 5

If you did not eat breakfast, subtract 10

Total for two days:

Ratings:

Excellent:	100 or over
Good	88 to 100
Fair	80 to 88
Poor	79 or less

FOR EXAMPLE: For lunch, if you ate:

1 egg salad sandwich
1 fresh orange
2 glasses of milk
4 granola cookies

Your rating would be:

2 pieces of bread:	4 + 4 = 8	Breads & Cereals
1 serving egg salad	7	Meat Substitute
1 orange	7	Fruits & Vegetables
2 glasses milk	9 + 9 = 18	Milk
Granola cookies	4	Breads & Cereals
Total	44 points	

Anotner example:

For dinner, if you ate:

1 hamburger with lettuce & tomato
1 serving potato salad
1 serving baked beans
1 bottle Coca Cola

Your rating would be:

2 buns on hamburger	4 + 4 =	8
1 meat pattie		10
Lettuce		6
Tomato		6
1 serving potato salad		6
1 serving baked beans		10
1 bottle Coca Cola		- 5
Total		41 points

Before you were pregnant, you might have eaten the following things during a day's time:

Breakfast
- Orange Juice
- Toast with butter and jelly

Lunch
- Hamburger with catsup
- French fries
- Coconut cream pie
- Soda pop

Dinner
- Macaroni and cheese
- Green beans
- Lettuce salad
- Bread
- Vanilla ice cream
- Cookies
- Milk

Rate that diet with the rating chart and tell how you could improve on those three meals. What needs to be added? What should you not eat that you formerly would eat?

(See "Answer Key")

If you "goof" one day and do not eat all the nutrients you should, you can make up for it the next day. Likewise, if you indulge yourself in a candy bar one day, you can cut back on calories the next day to compensate so you won't gain too much needless weight. But, don't go two or three days eating the wrong things, thinking you will make up for it later. Your baby is growing everyday and cannot wait for the necessary nutrients.

Basic Four Food Groups

In order to help you plan meals that include foods with the necessary nutrients, the U.S. Department of Agriculture has developed a Daily Food Guide. They divided the foods into four groups on the basis of similarity in composition and nutritive value:

The Milk Group

The Meat Group

The Vegetable-Fruit Group

The Cereal Group

Each group supplies one or more of the important nutrients that your body needs. Each group is based on its similarity in nutrient content.

Nutrients Provided

Milk group--you and your baby need 4 or more 8 oz. cups each day

Milk may be: skim
powdered (used in cooking)
in cereal

Protein
Minerals
Vitamins

Also count: 1/2 cup cottage cheese
1 inch cube cheddar type cheese
1/2 cup ice cream
1 cup yogurt
1-1/2 cup soup made with milk

Meat group--you and your baby need 2 or more 3 oz. servings of beef, veal, pork, variety meats, fish, poultry, or 2 eggs each day

Protein
Iron
Vitamins

Also count: 1 cup dry beans (cooked)
1/2 cup nuts
4 tablespoons peanut butter

Fruits and Vegetables--4 or more servings daily (1/2 cup per serving)

Vitamin C
Vitamin A
Minerals

1/2 grapefruit
1 apple
1 banana
1 orange
2 medium tomatoes
broccoli
cabbage
spinach

For Vitamin C choose: oranges, orange juice, grapefruit, grapefruit juice, cantaloupe, strawberries

For Vitamin A choose: carrots, spinach, sweet potatoes

Cereal and Bread--choose four servings each day

Carbohydrates
Protein
Vitamins
Minerals

1 slice of bread*
1/2 cup cooked cereal*
1 oz. ready-to-eat cereal*
1/2 cup cornmeal
1/2 cup macaroni
1/2 cup spaghetti
1/2 cup noodles
1/2 cup rice
1 muffin*
2 corn tortillas
1 flour taco
1 biscuit*

*All breads and cereals should be whole grain, enriched, or restored

SUGGESTED MENU FOR A DAY

	Meat	Fruit-Veg.	Bread-Cereal	Milk
BREAKFAST				
Orange Juice		1		
Poached Egg	1			
Toast with Butter			1	
Milk				1
SNACK				
Apple		1		
LUNCH				
Hamburger Patty on Bun	1		2	
Green Beans		1		
Milk				1
Oatmeal Cookie			1	
SNACK				
Glass of Milk				1
DINNER				
Broiled Chicken	1			
Baked Potato		1		
Peas & Carrots		1		
Lettuce Salad		1		
Biscuit, Tortillas, or Bread			1	
BEDTIME SNACK				
Glass of Milk				1
Total Servings	3	6	5	4

Write a menu that you would like for dinner tonight if you had your choice of anything in the market. Check to see if you have included in your menu something from each of the Basic Four Groups. Put the foods in your menu under the Basic Four Group that it supplies.

Menu

Milk Group:

Meat Group:

Vegetable-Fruit Group:

Bread-Cereal Group:

Tell which Food Group the following foods belong in and one important nutrient the food supplies.

Milk	Carbohydrates
Meat	Protein
Bread-Cereal	Fat
Vegetable-Fruit	Minerals
	Vitamins
Food Group	Nutrient

tomatoes	_____	_____
eggs	_____	_____
oranges	_____	_____
liver	_____	_____
carrots	_____	_____
tuna fish	_____	_____
lima beans	_____	_____
ham	_____	_____
sweet potatoes	_____	_____
cauliflower	_____	_____
brown rice	_____	_____
nuts	_____	_____
chicken	_____	_____
lettuce	_____	_____
cheese	_____	_____
milk	_____	_____
peanut butter	_____	_____
spinach	_____	_____
fish	_____	_____
yogurt	_____	_____
cornmeal	_____	_____

(See "Answer Key")

Recommended Daily Allowances (RDA's)

The Food and Nutrition Board of the National Research Council (a group of leaders in the sciences relating to food and nutrition) meets at intervals in the United States to review nutrition research and to set up dietary standards. They first published their recommendations in 1943 and have been updating their information about every five years since that time. The 9th edition was published in 1980. After reviewing and studying the research, they determine the "recommended dietary allowances (RDA's)" for nutrients needed in the American diet for a person to stay healthy. They have established RDA's for 17 nutrients (see chart on next page).

Nutritional Labeling

Many of the food products you buy have nutrition information on the labels. This nutritional label tells you quite a bit about the food value of the product. It helps you compare the nutritive value of different foods when following the Basic Food Guide and helps you learn which foods are better sources of various nutrients. A food company does not have to use nutritional labeling unless it has added nutrients or advertises about the food value of its product. If a food label provides nutrition information, it must give:

1. the size of a serving
2. the number of servings contained in the package
3. the number of calories per serving
4. the amount of grams of protein, carbohydrates, and fat in a serving
5. the amount of 8 nutrients in a serving--protein, vitamin A, thiamin, riboflavin, niacin, vitamin C, calcium, and iron. This amount is given as a percentage of the U.S. Recommended Daily Allowance(RDA).

TABLE I Recommended Daily Dietary Allowances,[a] Revised 1980

Food and Nutrition Board, National Academy of Sciences - National Research Council

Designed for the maintenance of good nutrition of practically all healthy people in the U.S.A.

	Age (years)	Weight (kg) (lbs)		Height (cm) (in)		Protein (g)	Fat-Soluble Vitamins: Vitamin A (μg R E)[b]	Vitamin D (μg)[c]	Vitamin E (mg α T E)[d]	Water-Soluble Vitamins: Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg N E)[e]	Vitamin B_6 (mg)	Folacin[f] (μg)	Vitamin B_{12} (μg)	Minerals: Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Iodine (μg)
Infants	0.0-0.5	6	13	60	24	kg × 2.2	420	10	3	35	0.3	0.4	6	0.3	30	0.5[g]	360	240	50	10	3	40
	0.5-1.0	9	20	71	28	kg × 2.0	400	10	4	35	0.5	0.6	8	0.6	45	1.5	540	360	70	15	5	50
Children	1-3	13	29	90	35	23	400	10	5	45	0.7	0.8	9	0.9	100	2.0	800	800	150	15	10	70
	4-6	20	44	112	44	30	500	10	6	45	0.9	1.0	11	1.3	200	2.5	800	800	200	10	10	90
	7-10	28	62	132	52	34	700	10	7	45	1.2	1.4	16	1.6	300	3.0	800	800	250	10	10	120
Males	11-14	45	99	157	62	45	1000	10	8	50	1.4	1.6	18	1.8	400	3.0	1200	1200	350	18	15	150
	15-18	66	145	176	69	56	1000	10	10	60	1.4	1.7	18	2.0	400	3.0	1200	1200	400	18	15	150
	19-22	70	154	177	70	56	1000	7.5	10	60	1.5	1.7	19	2.2	400	3.0	800	800	350	10	15	150
	23-50	70	154	178	70	56	1000	5	10	60	1.4	1.6	18	2.2	400	3.0	800	800	350	10	15	150
	51+	70	154	178	70	56	1000	5	10	60	1.2	1.4	16	2.2	400	3.0	800	800	350	10	15	150
Females	11-14	46	101	157	62	46	800	10	8	50	1.1	1.3	15	1.8	400	3.0	1200	1200	300	18	15	150
	15-18	55	120	163	64	46	800	10	8	60	1.1	1.3	14	2.0	400	3.0	1200	1200	300	18	15	150
	19-22	55	120	163	64	44	800	7.5	8	60	1.1	1.3	14	2.0	400	3.0	800	800	300	18	15	150
	23-50	55	120	163	64	44	800	5	8	60	1.0	1.2	13	2.0	400	3.0	800	800	300	18	15	150
	51+	55	120	163	64	44	800	5	8	60	1.0	1.2	13	2.0	400	3.0	800	800	300	10	15	150
Pregnant						+30	+200	+5	+2	+20	+0.4	+0.3	+2	+0.6	+400	+1.0	+400	+400	+150	h	+5	+25
Lactating						+20	+400	+5	+3	+40	+0.5	+0.5	+5	+0.5	+100	+1.0	+400	+400	+150	h	+10	+50

a The allowances are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods in order to provide other nutrients for which human requirements have been less well defined. See p. 23 for heights, weights and recommended intake.

b Retinol equivalents. 1 Retinol equivalent = 1 μg retinol or 6 μg β carotene. See text for calculation of vitamin A activity of diets as retinol equivalents.

c As cholecalciferol. 10 μg cholecalciferol = 400 I.U. vitamin D.

d α-tocopherol equivalents. 1 mg d-α-tocopherol = 1 α T.E. See text for variation in allowances and calculation of vitamin E activity of the diet as α-tocopherol equivalents.

e 1 N.E. (niacin equivalent) is equal to 1 mg of niacin or 60 mg of dietary tryptophan.

f The folacin allowances refer to dietary sources as determined by *Lactobacillus casei* assay after treatment with enzymes ("conjugases") to make polyglutamyl forms of the vitamin available to the test organism.

g The RDA for vitamin B_{12} in infants is based on average concentration of the vitamin in human milk. The allowances after weaning are based on energy intake (as recommended by the American Academy of Pediatrics) and consideration of other factors such as intestinal absorption; see text.

h The increased requirement during pregnancy cannot be met by the iron content of habitual American diets nor by the existing iron stores of many women, therefore the use of 30-60 mg of supplemental iron is recommended. Iron needs during lactation are not substantially different from those of non-pregnant women, but continued supplementation of the mother for 2-3 months after parturition is advisable in order to replenish stores depleted by pregnancy.

Find a nutritional label on a food product and check the information that it gives. Paste the label in the space below.

If you ate everything in that can or package, how much of the nutrients you need today would have been supplied? What else would you eat today to make up for what was lacking?

Size of Servings

You will want to watch closely during pregnancy that you count the number of servings according to the amount of food that you eat. There may be times that you may not be sure how many servings you have eaten. A cup is a standard 8 oz. measure and a tablespoon and a teaspoon means level ones.

1 serving in the milk group is:

- 8 oz. glass of milk
- 1-1/3 oz. cheese
- 1-1/2 cup cottage cheese
- 1 cup pudding made with milk

1 serving in the meat group is:

- 1 medium-sized hamburger pattie
- 1 chicken leg
- 2 oz. lean meat
- 2 wieners
- 2 eggs
- 1/2 cup nuts
- 4 tablespoons peanut butter
- 1 cup cooked beans
- 4 breaded fish sticks
- 3 slices luncheon meat

1 serving in the vegetable-fruit group is:

- 1/2 cup most vegetables and fruits
- 1 medium-sized orange, apple, banana
- 1 cup lettuce
- 1/2 medium-sized grapefruit

1 serving in the bread-cereal group is:

- 1 slice bread
- 1/2 bun
- 1 (7-8 inch) flour tortilla
- 2 corn tortillas
- 1/2 cup spaghetti
- 5 crackers
- 1 cup dry cereal
- 1/2 cup cooked cereal

Calories

Calorie is a word you have heard and used many times. A calorie is not a nutrient or food. It is a unit to measure the amount of energy or heat given off when a carbohydrate, fat, or protein is burned inside the body. As an inch or a meter measures length and a gram or an ounce measures weight, a calorie measures heat energy. It is similar to the fact you cannot "see" minutes, which we use to measure time. You need calories to give you energy, but if you eat more calories in a day than you need for the energy you use in working and physical activity, it is changed into fat and stored in your body as fat. Thirty-five hundred excess calories taken in over what you burn up equal one pound of body fat. Thirty-five hundred calories dieted or exercised off equal one pound of fat lost. Your calorie needs are not like anyone else's needs. Age, activities, physical make up, inherited characteristics, and other things influence the number of calories that you need. Now that you are pregnant, you do need a few more calories than you did before you became pregnant. A pregnant girl needs a diet rich in protein, vitamins, and minerals, but she doesn't need very many more calories. Most doctors say that a pregnant girl needs about 2200 calories a day which is about 300 more calories each day than she would need ordinarily. These extra calories need to come from the right kinds of foods. There are no "good calories" or "bad calories" nutritionally, but there are foods which give you little calories, and other foods which give you calories plus nutrients. Every food, except water, contains some calories.

Weight

One cannot mention calories without thinking of the subject of weight. A pregnant girls needs to gain enough weight to help her baby grow. It is accepted by most physicians that weight gain during pregnancy should be at least 22 to 26 pounds, whatever the person weighs, and some researchers are recommending even more. You need to gain these pounds to help your baby attain the desirable birth weight of close to 7-1/2 pounds. Ask your doctor what will be right for you. The weight gain provides for the growth of the baby and the changes in your own body. You need to gain your weight from good quality food. You can stick within this weight gain very easily if you stick to right foods. It is important that the gain is at a steady rate. Weight gain is not a measure of nutrition since it provides no information about nutrients other than energy. Excessive weight gain suggests fluid accumulation and often is the result of using too much salt and from eating too much. However, birthweight is an indicator of nutrition. If you gain more during the first trimester, do not cut down on nutrition and deprive the baby during the remaining time of your pregnancy. Weight reduction during pregnancy is not recommended. Don't go on self-imposed diets. By the end of the third month, you will have probably gained about 2 pounds, in the second three months of your pregnancy around 11 or 12 pounds, and 11 or 12 pounds in the third three months.

Keep a record of your weight gain.

First three months _____ pounds.

Second three months _____ pounds.

Third three months _____ pounds.

You will get your figure back after delivery if you keep your weight close to the weight your doctor suggests. Follow your doctor's advice on weight gain.

Breakfast

Complete the following test.

1. An easy way to lose weight is to skip breakfast?

   Yes_____ No_____

2. Nearly half of our nation's teenagers skimp on breakfast or skip it.

   Yes_____ No _____

Breakfast is considered the most important meal of the day by many persons. It is a main meal for your baby. Experts say that breakfast should give you one-fourth to one-third of your nutritional needs. Did your breakfast this morning do that? Write in the space below what you had for breakfast this morning and the number of servings from the Basic Four Group that you had.

Did your breakfast give you one-fourth of your nutritional needs for today?

The word "breakfast" comes from two words: break and fast. Fast means to go without food for a period of time. It is a long time from dinner at night until the next morning. If you went until noon the next day without eating, it would be a long fast; therefore, you need to break the fast with the morning meal and the morning meal is called breakfast.

If you skip breakfast, your body lacks the energy it needs for the day ahead. Studies show that young people who eat a good breakfast are more alert and accomplish more. Also their physical fitness zooms upward.

Check the food which you usually eat for breakfast. Leave blank those foods which are eaten only once in a great while. Write in foods not listed which you might have eaten.

_____ fruit juice
_____ canned fruit
_____ hot cooked cereal
_____ package cereal
_____ potatoes
_____ gravy
_____ muffin or biscuits
_____ doughnuts or sweet rolls
_____
_____
_____

_____ meat (sausage, bacon or other)
_____ pie
_____ sandwiches
_____ toast and butter
_____ milk
_____ coffee
_____ pancakes or waffles
_____ list others
_____
_____
_____

The following are examples of a nutritious breakfast menu that will supply you with one-fourth of your nutritional needs.

4 oz. orange juice

1 cup oatmeal with sugar or honey

1 slice toasted enriched break

1 teaspoon margarine for toast

8 oz. glass milk

1/2 fresh medium-sized grapefruit

1 scrambled egg

1 slice toasted enriched bread

1 teaspoon margarine for toast

8 oz. glass milk

If you included any four of the above in your breakfast, give your breakfast a "good" score, any three score yourself "average," 2 or less receive a "not good" score.

How would you rate the breakfast that you usually eat?

_____ good _____ average _____ not good

If you have not been eating breakfast before you leave for school, you might start with a glass of juice or a dish of fruit and a glass of milk for a few weeks and gradually add a piece of toast, then an egg or cereal.

Remember the other meals of the day do not replace your need for breakfast. You will find it easier to include the foods in the Basic Four Groups each day if you have included some of them in your breakfast.

Snacks

It has been said that about a quarter of a typical teenager's daily calories come from snacks. Now that you are pregnant, you do not need to stop enjoying snacks as long as you eat snacks that provide your body with nutritious foods. In fact, snacks can help to provide your body with nutritious food that your regular meals are lacking. They may add calories for a quick energy pickup and they may add body building proteins, minerals, and vitamins. Do go easy on snack foods which add calories but little nutrition. Overly sweet snacks take away the desire for the next meal and promote tooth decay since immediate brushing of your teeth may not be possible. Consider snacks as part of the total food that you eat each day. Make them a part of your meal planning.

Below are snacks you can eat to complete your Basic Four Plan.

Meat Group

nuts
seeds
hard-cooked egg
peanut butter
meat cubes
sardines

Milk Group

glass of milk
cheese squares
yogurt
chocolate milk

Bread-Cereal

cinnamon toast
oatmeal cookies
rye crackers
granola
whole grain crackers

Vegetable-Fruit Group

carrot slices	celery sticks
bell pepper rings	zucchini slices
applies	pears
bananas	dried fruit
cherry tomatoes	melon

If a non-pregnant friend eats a do-nut for a snack, you should have an oatmeal cookies; if she has a coke, you have milk; if she has a candy bar, you have yogurt. Obviously you cannot order cheese cubes or even an orange if you are enjoying a snack with your friend at the local hamburger stand, so you must plan ahead. When you are preparing your breakfast, check your daily requirements and put a piece of fruit, carrot sticks, or cheese in baggies in your knapsack along with your lunch so you are prepared for "snack time." You cannot pack a knapsack with the good things to eat unless you buy them in the supermarket. So, if you do the shopping, take your list of things you will want to eat for the next few days to be certain you don't forget. If someone else does the shopping, give her the list of things you will need for your snacks for the next few days until shopping time again.

Make a list of five snacks that you like.

1.

2.

3.

4.

5.

Do you see any items on your list that are adding only to your waistline instead of nutrients you and your baby need. If so, put an "X" in front of them.

Try to stay away from nutritionally deficient snack food: candy, cokes, chips, doughnuts. Don't just fill up--fill your needs!

Print your name in large letters below. Spread the letters out completely across the page. Under each letter of your name write nutritious foods that begin with the letter and in parentheses by it write the food group that it represents.

After each letter of the alphabet, give a food that begins with that letter of the alphabet. In front of each food write a descriptive word. The descriptive word is to begin with the same letter as the food name. You will probably need to use a dictionary.

	Descriptive Word	Food
A		
B		
C		
D		
E		
F		
G		
H		
I		
J		
K		
L		
M		
N		
O		
P		
Q		
R		
S		
T		
U		
V		
W		
X		
Y		
Z		

(See "Answer Key")

No-No's

You must be careful what you take into your body when you are pregnant in order to avoid having a baby with defects or a baby not strong enough to survive. You are working and planning on the foods (nutrients) you need to include in your DAILY diet in order to keep you healthy and to have a healthy, perfect baby. But there are some things you must be certain are not included in your body as well:

1. Smoking--tobacco or pot
2. Wine, beer, or booze of any kind
3. Pills or drugs of any kind, not even Aspirin (unless prescribed by your doctor)

As the National Health Office states: "Now is not an easy time for you to quit smoking, but it isn't a very good time for your baby to start!"

Research has proven that alcohol affects the unborn baby and causes birth defects--mental retardation and stunted physical growth. Alcohol has a pickling effect on the fetus; therefore, it does not move and defects may happen. Even a small amount of alcohol can cause problems. Are you willing to handle those extra problems, or can you say, "No, thanks, I'm pregnant."

The latest research has suggested that caffeine (in coffee and colas) also can have a bad affect upon an unborn baby, so you should cut down on those drinks while you are pregnant.

Drugs (pills) can pass through the placenta to your baby. Certain drugs can cause dreadful malformation of the baby.

No--Maybe--Always

Absolutely No-No	Maybe sometimes (no more than once or twice a week)	Always (almost everyday)
Alcohol	Candy bar	Milk
Tobacco or pot	Coke	Cereal
Pills	Coffee	Meat or Nuts
	Cake	Fruit or Juices
	Potato Chips/Fritos,	Vegetables
	Fried foods	Cheese
	Pie	Eggs
		Whole wheat bread
		Enriched bread
		Butter/Margarine
		Peanut butter

Baby's Growth

Pretend your baby can talk before (s)he is born and have him or her write a letter to you in the space below (see sample on the next page). Your baby is to include in the letter to you what he or she looks like, things he or she can do, and tell you why nutrition is so important and evaluate the way you have been eating.

_____Month

(Sample letter for the first month)

First Month

Dear Mother,

I am your baby. You may not be sure that I am here since you cannot feel me yet. I will grow inside of your body for the next eight months before I am born.

I am about 1/4 inch long. I started growing about two weeks before you missed your monthly period. My brain is forming. My eyes and ears are shaping. My heart is beating even though our doctor cannot hear it yet. Blood is moving through my body.

My body grows from the food that you eat so please try to have two or more servings everyday of meat or protein food to help make every part of my body, four servings of fruits and vegetables, four servings of bread and cereal and four glasses of milk. Milk has lots of calcium for my teeth and bones. Your eating all of these things each day will help make me have a healthy body and help you to look and feel your best. I know you want me to be healthy.

It makes me happy that you do not smoke or drink alcohol since these things could cause me not to grow in height and weight as much as I should.

Please do not take any medicines, not even Aspirin tablet, unless our doctor gives them to you. Some medicines could cause me to be deformed.

I will write again next month. I will be growing between now and then.

With love,

Your Baby

If there is time in the classroom, each girl could read the letter her baby wrote to her so the other girls might enjoy it also. Letters can be written every month of pregnancy. The following tells you something about your baby for every month of growth:

2 months	1/2 inch long arms, legs, and sex organs are forming has a little mouth with lips and a tongue face is beginning to look like a person
3 months	about 3 inches long weighs about 1 ounce has tiny eyes teeth are forming has arms, hands, fingers, legs, feet, toes fingernails and toenails are beginning to form
4 months	weighs about 6 ounces about 6 inches long hair is growing on the skin doctor can hear the heartbeat
5 months	weighs about 1 pound about 12 inches long has hair on head moves around and you can feel the movement
6 months	weighs about 2 pounds about 14 inches long completely formed, even has eyelashes and eyebrows
7 months	weighs a little over 2 pounds about 15 inches long is very active
8 months	weighs about 4 pounds over 16 inches long growing steadily
9 months	At the end of the ninth month, a healthy strong baby is ready to be born. Average weight is 7 to 8 pounds and length is 19 to 21 inches.

Breast Feeding

If you decide to breast feed your baby, there is an increased need for nutrition above the requirements of your pregnancy. Requirements for calcium and vitamins are greater. You will also need to consume more protein to provide building blocks for your baby and to give your baby energy for all of life's development processes. You will need at least 5 servings of milk and milk products. You need good quality nutrition during this time for your baby and to avoid depleting yourself.

Production of milk in the breasts is called lactation. In order for you to produce nutritious milk for your baby, you must be certain you have eaten good, nutritious food.

Your Responsibility

Pregnant or not, a good diet is important. But now that you are pregnant, it is especially important for you to include the best building food in your diet. It is up to you to make the most of your opportunity to be well nournished and deliver a healthy baby. You will feel better if you follow the Basic Four Plan.

Have regular checkups and follow your doctor's advice. If you have read in this book one thing and your doctor says another thing on the subject, listen to your doctor. He knows what your special needs are.

Your baby needs food and love from you.

Good health to you and your baby!

REVIEW EXAMINATION

Go back in your book and underline the following:

1. The meaning of the word nutrition.
2. The two ways that foods can be classified.
3. The meaning of the word "nutrients."
4. The five basic nutrients.
5. Another name for Vitamin C.
6. The names of the Basic Four Groups.
7. What is meant by calories.

Now answer the following.

1. What foods provide energy to the body.
2. List the five basic nutrients. Give examples of the job each does and three food sources for each.

	Job It Does	Three Sources		
a.		_____	_____	_____
b.		_____	_____	_____
c.		_____	_____	_____
d.		_____	_____	_____
e.		_____	_____	_____

3. How can you select food wisely as well as give yourself pleasure in the food you eat?

4. List three foods that contain large amounts of milk.

   a. _____

   b. _____

   c. _____

5. The meat group is an important source of _____.

6. Why should you eat a food rich in Vitamin C every day?

7. Which Basic Four Group is most likely to be short in supply in your diet and therefore a good choice for your snacks?

8. What is the function of water in the body?

9. Why do you need calcium? What is the best source?

10. Ideally, your breakfast should supply at least _____ of your daily food.

11. Breakfast is an important meal because:

    a. _____

    b. _____

12. To ensure adequate iodine in your diet, it is wise to use _____ salt.

13. List three things you shouldn't take into your body.

    a. _____

    b. _____

    c. _____

Put an "X" beside the statements which you think are <u>good</u> advice for a pregnant girl to follow.

_____ 1. Drink at least four glasses of milk everyday.

_____ 2. Eat potato chips when she is unhappy.

_____ 3. Eat a good breakfast.

_____ 4. Follow the Basic Four Plan.

_____ 5. Eat a snack whenever she feels like it.

_____ 6. Eat twice as much now that she is eating for two.

_____ 7. Increase the amount of protein she is eating.

_____ 8. Sit around and feel sorry for herself.

_____ 9. Only eat when she is hungry.

_____10. Drink 6 to 8 glasses of water everyday.

_____11. Avoid foods containing high amount of salt.

_____12. Gain around 25 pounds

_____13. Smoke cigarettes.

ANSWER KEY TO TEXT

Page 3 experiment on protein.

When vinegar is added to whole milk, solid particles form leaving a watery substance often called whey. The solid substance is the protein and the whey contains sugar and minerals.

Page 4 examination on proteins.

X	macaroni and cheese	cheese
X	hamburger sandwich	hamburger pattie
	cabbage slaw	
X	bean soup	beans
	scalloped potatoes	
X	chicken salad sandwich	chicken
X	peanut butter sandwich	peanuts
	apple dumplings	
X	taco and rice	ground beef, cheese
	creamed peas	
X	cheese pizza	cheese
X	tuna and noodles	tuna
X	chili dogs	wiener
X	spaghetti and meat balls	ground beef

Page 5 experiment on starch.

If starch is present, the iodine changes from reddish-brown to a blue-black.

Page 5 experiment on fats

The cheese will turn into a yellow liquid. The yellow liquid is fat.

Page 6 experiment on fat.

If the food contains fat, a transparent spot will appear where it was rubbed. The spot will not disappear.

Page 11 examination (samples of possible answers)

Proteins	Carbohydrates	Fats	Minerals	Vitamins
meat	bread	butter	milk	oranges
cheese	macaroni	margarine	liver	strawberries
egg	spaghetti	fats in meat	egg	grapefruit
fish	rice	salad oil	iodized salt	tomatoes
wieners	beans	cream	spinach	green peppers
tuna	fruits	nuts	meat	cabbage
dried beans	corn		cheese	dried fruit
nuts	potatoes			carrots
peanut butter	jam			yams
tofu (soybean curd)	jelly			apricots
lamb	honey			peaches
chicken	molasses			liver
cottage cheese	cereals			
milk	cornmeal			
	tortillas			
	bagels			

Page 14 examination on rating meals.

Breakfast — This meal lacks protein. You might spread peanut butter on the toast and add a glass of milk. An egg would improve this meal also.

Lunch — Meal is very high in carbohydrates and low in vitamins and minerals. You might add vegetables such as carrot stick and celery. Milk would be a good substitute for the soda pop. Fruit for dessert would provide fewer calories than the coconut cream pie.

Dinner — This meal is quite nutritious. It does have several servings of dairy products--milk and cheese. You might substitute a dessert made with fruit for the ice cream and cookies.

Page 19 examination on food groups and sources

	Food Group	Source
tomatoes	fruit-vegetable	Vitamin C
eggs	meat	protein
oranges	fruit-vegetable	Vitamin C
liver	meat	iron
carrots	fruit-vegetable	Vitamin A
tuna fish	meat	protein
lima beans	meat	protein
ham	meat	protein
sweet potatoes	fruit-vegetable	Vitamin A
cauliflower	fruit-vegetable	Vitamin A
brown rice	bread-cereal	carbohydrates
nuts	meat	protein
chicken	meat	protein
lettuce	fruit-vegetable	Vitamin A
cheese	milk	protein
milk	milk	calcium-protein
peanut butter	meat	protein
spinach	fruit-vegetable	Vitamin A
fish	meat	protein
yogurt	milk	calcium-protein
cornmeal	bread-cereal	carbohydrates

Page 32 examination (samples of possible answers)

A	ambitious	apple
B	broad	bananas
C	curly	carrot
D	daring	dates
E	early	eggplant
F	firm	fig
G	graceful	grapes
H	healthy	hominy
I	innocent	ice cream
J	jolly	jello
K	kind	kumquats
L	little	lemon
M	merry	mushrooms
N	new	nectarine
O	old	onion
P	polite	peas
Q	quiet	quail
R	red	radishes
S	shiny	sweet potatoes
T	tired	taco
U	ugly	
V	valuable	vinegar
W	wise	watermelon
X	eXciting	eXtract
Y	yellow	yams
Z	zealous	zucchini

Page 39: Review Examination

1. Energy Foods: Carbohydrates, Fats, Proteins

2. Five Basic Nutrients

a. Protein	build muscles & tissues	meat milk cheese eggs
b. Carbohydrates	produce heat and energy	starches and sugars in grains fruits vegetables
c. Fats	furnish heat and energy	butter oils fat in meats
d. Minerals	promote growth and repair tissues regulate body processes	milk liver meats vegetables
e. Vitamins	growth and maintenance of the body	citrus fruits vegetables whole wheat breads

3. Use the Basic Four Groups and eat the recommended amount from each group.

4. Foods that contain milk: cheese
   ice cream
   soups
   puddings
   cottage cheese

5. Protein

6. Vitamin C cannot be stored in the body and therefore must be replaced everyday

7. Fruits and vegetables are likely to be in short supply in your diet, therefore a good choice for your snacks.

8. Water is needed since it provides the fluids for the blood and all body cells. It aids in digestion and elimination.

9. Calcium is needed for body building. Milk is the best source.

10. One-fourth

11. Breakfast is an important meal because:
    a. It gives energy you need for the day ahead.
    b. Helps you include all the Basic Four Group foods you need daily.

12. Iodized

13. Cigarette smoke, alcohol, drugs or pills

Good advice for a pregnant girl.

Checks should be given for numbers 1, 3, 4, 7, 10, 11, 12.